

# TIPS AND TRICKS

## A GUIDE FOR HANDLING MORNING SICKNESS



Allow yourself plenty of time to get out of bed. Set your alarm an hour before you need to get up, and get out of bed slowly as you start your day.



It is usually recommended to keep a stash of crackers or dry cereal by your bed so you can put something in your stomach as soon as you wake up. ***However this is not good for your teeth, and can increase the risk of dental decay.*** Brush your teeth as soon as you can tolerate it, and do not brush teeth immediately following vomiting.



Eat small meals throughout the day to avoid getting too full or too hungry, and drink fluids throughout the day to avoid dehydration.



Try eating your meals without beverages and drink them about two hours after a meal. For some people having solids and liquids moving around in their stomachs causes nausea.



Don't drink alcohol or smoke cigarettes, this could aggravate your morning sickness as well as cause harm to your baby.



Heavy smells, spicy foods, and lots of movement can make you feel worse or bring on feelings of nausea. Keep the windows open if possible when cooking



Sniff a lemon or lime, citrus scents help some cope with nausea, Don't suck the juice from them, as they are highly acidic and can cause erosion of the enamel of your teeth.



Get enough rest. Fatigue can actually make your nausea worse. Try to get extra sleep each day, but try to avoid napping right after a meal.



Try to reduce stress which can make nausea worse. Take a walk, talk to a friend, or take deep breaths to relax.



Call your doctor if needed. If morning sickness becomes so bad that you can't eat or take in fluids, contact your doctor. They may be able to prescribe medication to help control severe nausea.

